Dealing with (and Learning from) making a mistake

1. When you make a mistake, you can tell yourself,

“It’s OK to make a mistake. Mistakes help me to learn.”

2. After a mistake, do one or more of the following:

a. Say you are sorry if your mistake made someone else upset.

b. Try it again until you get it right.

c. Ask for help...use the word, “…because…”

3. Try to learn from your mistake. Answer the question: “What can I do differently the next time?”

How do we learn most things in life?
- Through a Teacher, Coach, or Parent
- Watching Others
- Reading
- Trial and Error

We learn from all these methods, but mostly from Trial and Error. Basically, we NEED to make mistakes in order to really learn.
<table>
<thead>
<tr>
<th>Some examples of things that I learned to do because of <em>Trial and Error</em></th>
<th>Some examples of things that I could learn to do (better) if I allow myself to keep trying (<em>Trial</em>) and to make mistakes (<em>Error</em>)</th>
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